



*The*  
**Ten Habits**  
*of* **Naturally**  
**Slim People**

*And How to*  
*Make Them Part of*  
*Your Life*

JILL H. PODJASEK, M.S., R.N.,  
WITH JENNIFER CARNEY

# Ten Habits Of Naturally Slim People

**Joy Martina, Roy Martina**



## **Ten Habits Of Naturally Slim People:**

*The Ten Habits of Naturally Slim People* Jill H. Podjasek, Jennifer Carney, 1997 In the tradition of the bestselling *The 7 Habits of Highly Effective People* this book offers chronic dieters the keys to reaching and maintaining an optimal body weight by developing the positive mental physical and emotional traits of naturally slim individuals Illustrations **The Ten Habits of Naturally Slim People** Jill H. Podjasek, Jennifer Carney, 2000 **The 7 Eating Habits Naturally Thin People Have (but the Diet Industry Never Talks About)** Ingrid Lindberg, Discover how to relax around food and free yourself from a lifetime of dieting The dieting industry makes it seem like losing weight is some sort of rocket science a top secret combination of special foods eaten in special ways and all kinds of expensive superfoods fitness fads and embarrassing celebrity endorsements And so it s understandable that when someone seems to stay slender it must obviously be because they re just naturally that way By accident even We assume some special innate characteristics mean they get to run circles around the laws of physics eat junk food and end up with flat abs and a bum you can bounce coins off The truth though Nobody is naturally thin In fact when somebody claims to be naturally one way or the other naturally slim or just naturally bigger without anything they can do about it what they are actually telling you is that they have a lifestyle that naturally leads to either a healthy weight or overweight Nobody can fight the laws of physics but people are born with different temperaments different life philosophies and different attitudes toward food Look at a thin person and what s likely the cause is that they think about food differently and because they do they behave differently when they eat This guide will help you to Transform your entire relationship with food Gradually lose weight and keep it off for the rest of your life Let go of magic pills shakes and other stuff the dieting industry colleagues and that skinny YouTube chick want you to believe in Explore and understand why you eat when you re body isn t hungry Take responsibility to love respect and nourish your body And much more Keywords healthy eating clean eating challenge healthy habits healthy lifestyle healthy eating rules the body bible food diet challenge weight loss guide weight loss myths busted weight loss solution healthy eating habits **Write the Perfect Book Proposal** Jeff Herman, Deborah Levine Herman, 2008-04-21 Want to publish your book Learn how it s easier than you think Charismatic authors and literary agents Jeff Herman and Deborah Levine Herman have successfully sold hundreds of titles and learned through trial and error how to write a flawless book proposal that publishers can t resist Now you can benefit from their hard work and publishing savvy In this new edition they offer guidance and advice that will inspire educate and most importantly give you the necessary edge to get your book published They explain How to shape your idea and create a title Ways to get to know the market and competition Tips on writing an effective outline query letter and sample chapter The art and science of fiction and nonfiction book proposals How ten actual proposals included here were successfully sold to publishers and why A submission from Jeff Herman always gets moved to the top his new book will show you how to move to the top Frederic W Hills Vice President Simon Schuster This book will take writers to the highest level of

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